

At Your Leisure

Arizona State Veteran Home
4141 North S. Herrera Way
Phoenix, AZ 85012
602-248-1550 www.azdvs.gov



July 2010

Resident of the Month



This month, we celebrate Mr. John Laramore, also known as "Papa Jack!" Jack currently resides on unit D2, the Redwoods, here at the Arizona State Veterans Home. Jack was born in Rising Sun, Delaware, which is right below Philadelphia. He has one brother living in South Carolina with his wife. This brother is twelve years younger and blind, and quite involved with the Blind Association of America.

Although Jack grew up during the depression, he was fortunate to have a Grandpa who owned a farm & packing house at that time. He recalls working at that packing house "West of Dover, on Cedar Lane." Jack's father had eleven sisters so many aunts and uncles worked at the packing house. He came to know the family through this experience, and remembers picking peaches when they were ripe. The family worked as a team getting them boxed and packed for shipping on the big trucks.

His father worked at one of the CCC camps for one year during the depression. This was the Civilian Conservation Corps camp, created by President Franklin D. Roosevelt in 1933 to create jobs for the American men who could not find work in any other field during the depression. They often constructed buildings, benches or other projects to be used in public parks.

At Dover High School Jack was quite the athlete. He was a tough guy bird, and enjoyed football as his, "number one," sport. A close second favorite was basketball followed by baseball and track. He was the first in his High School to become a 4-time letterman as a sophomore. What an ace!

At age seventeen, we find Jack up in Philadelphia signing up for the Marines. He was sent off to Paris Island, South Carolina for basic training. This began Jack's military career which lasted from 1954-1961. Reminiscing, Jack explains he, "did what he was told to do," and ended up making Sergeant. He was overseas for a total of 5 years and 8 months active duty. First, he served as a replacement for soldiers in the Korean War. Later he served at Iwo Jima and the Marshall Islands, during a time when the H-bomb testing occurred.

Jack had the opportunity to help open Camp Pendleton in California. Later, he extended to be a part of the 5800 Military Police. He enjoyed serving in the Military Police very much. What an amazing opportunity to serve his country!

Jack's, "other career," was 20 years with the Pennsylvania Railroad as a freight conductor from New York to Potomac Yards in Virginia. Jack also has a family which includes four boys and one girl, all now in their 40's.

As I talk with Jack, he is very interesting and open regarding the details of his service. Being a part of the U.S. Military seems to be a source of great accomplishment to him. He is truly a man of strong ability, demonstrating that through a commitment to the United States of America. Thank you Jack! We love and honor you as July's Resident of the Month!

Family Council

Please join the families of the ASVH at the monthly Family Council Meeting that occurs every third Saturday of the month at 10:00 a.m. in the Training Center. This is a time for the families of the ASVH to try and resolve issues, express concerns, and share ideas on how to improve the lives of our Veterans, as well as be a support system for each other.

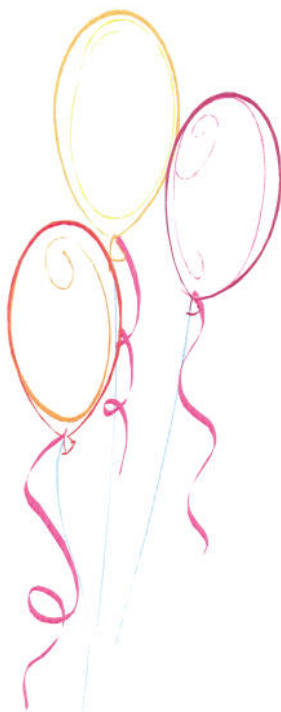
We welcome you to participate and help define the Family Council. The next meeting will be July 17th, 2010 and our guest speaker will be Hilda Ornelas-Director of Nursing for the Arizona State Veteran Home. If you would like more information about the Family Council or you are a family member who is not receiving the Family Council letter please give us a call and we would be more than happy to assist you.

Thank You,
Family Council



Resident Birthdays

Gerald W Todd	07/02
Eddie F Enebrad	07/04
Clyde V Smith	07/08
Arthur J Damsky	07/09
Jimmie H Warner	07/09
Thomas P Nichols	07/09
Douglas Page	07/09
Willis G Hiatt	07/12
Charles L Blaylock Jr	07/13
Maurice C Ellsworth	07/16



John E Stegall	07/20
Donald G Tepfer	07/23
Steven F Danish	07/23
Gary J Raymond	07/23
James A Franklin	07/24
Raymond L Griffin	07/28
Alex Buckner	07/28
Wiley L Hill	07/30
Leo R Solomon Jr	07/30
Leroy Center	07/30

Volunteer Opportunities

VOLUNTEERS ARE NEEDED FOR ON-GOING ACTIVITIES:

Wednesday Morning Breakfast Trip:	8:00 a.m. – 9:30 a.m.
Friday Afternoon Card Games:	2:15 a.m.– 3:15 p.m.
Friday Morning Activities:	10:30 a.m. – 12:00 p.m.
Park Walks:	Any day – early mornings
Wild West Birthday Party Wednesday July 28 th	2:15 p.m. – 3:15 p.m.

Please check out our calendar of events on our web site www.azdvs.gov Volunteers are welcome at any of our activities.

Visit-A-Vet Program

This is for people whose schedules are busy but who still want to make a personal connection with a veteran. This program requires a volunteer to visit a minimum of 1 time per month, but may visit more if their schedule allows. These veterans are more independent but need to know that someone out in the community still cares and appreciates the sacrifices they made for our country. Some of the things our volunteers do include talking with the veterans; accompanying them on shopping trips to the canteen or escorting to the park next door.

Clerical Needs

This job duty is for an individual who can come in during the work week for 1 or 2 days during normal business hours to help our Admissions Department put together packets for new incoming residents.

We have a full force of summer volunteers from the local high schools who have infused our home with a lot of laughter. If you are interested in volunteering with America's Heroes please contact Candy Covarrubiaz at ccovarrubiaz@azdvs.gov 602-248-1575. Our next **Volunteer Orientation will be Saturday July 31st 2010 at 10:00 a.m.** please give us a call to signup.

Therapeutic Programs Spotlight

July will be an exciting month for us starting with the 4th of July event. SAMS will be cooking hot pancakes right off the griddle to the tunes of Steve Shannon. The American Legion Post 29 will perform our flag raising ceremony and John Thrasher will play taps.

We will be doing a big Wild West Theme Day on Wednesday July 28th including a monthly birthday party. Come join in the fun with bows, arrows and faux horses on wheels.

We are also proud to announce that Kristin Fray Music Therapist has taken over for Leslie Goin as Recreational Therapy Department Manager.

Recipe –Raisin Carrot Cake

Ingredients

- 2 egg whites
- 3/4 cup sugar
- 1/2 cup unsweetened applesauce
- 1/4 cup canola oil
- 1-1/2 cups finely shredded carrots
- 1/2 cup vanilla yogurt
- 1/4 cup water
- 1 cup all-purpose flour, *divided*
- 1 cup whole wheat flour
- 2 teaspoons ground cinnamon
- 1-1/2 teaspoons baking soda
- 1/4 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 3/4 cup raisins
- 1-1/2 teaspoons confectioners' sugar



Directions

- In a large bowl, beat egg whites until foamy. Beat in the sugar, applesauce and oil until well blended. Stir in the carrots, yogurt and water.
- Set aside 1 tablespoon all-purpose flour. Combine the whole wheat flour, cinnamon, baking soda, salt, nutmeg, cloves and remaining all-purpose flour; add to batter just until moistened. Toss raisins with reserved flour; stir into batter.
- Pour into a 9-in. square baking pan coated with cooking spray. Bake at 325° for 50-55 minutes or until a toothpick near the center comes out clean. Cool on a wire rack. Sprinkle with confectioners' sugar. **Yield:** 9 servings.

Wish List

DONATIONS NEEDED:

Thank you for your interest in making a donation to the Arizona State Veteran Home. Donations may be brought directly to the home at 4141 N. 3rd Street, Phoenix, AZ 85012. Checks may be made payable to: Veterans Donation Fund, and mailed to the home, attention Kristin Fray. For further information you may contact Kristin at 602-248-1575.

The Arizona State Veteran Home has a need for the following items:

- Soda Pop (Mini Cans preferred variety of flavors, regular and sugar free)
- Movie DVD's
- Badge making machine (\$1,500)
- Books on CD
- CD music from the 1940's, 50's and 60's
- Bingo coupons to our gift shop. Help us provide bingo coupons to the residents. Each coupon costs 25 cents and we typically hand out \$40.00 worth of coupons per game. You may make a donation to the Arizona State Veteran Home and earmark the donation to be used for the bingo fund.
- Organizations to host a meal at our facility for one hallway of residents (25 Veterans) or a unit (50 Veterans) Your group could either bring in a meal cooked at your post or order in from a fast food restaurant.

Family Council ASVH

Bake Sale

Sunday July 18th, 2010

9:00am to 5:00pm

The Family Council of the Arizona State Veteran Home is hosting a fund raiser for our residents for a special project.

Bagels & Cream Cheese.....	\$1.50 Each
Brownies.....	2 x \$1.00
Cochitos (Ginger Bread).....	\$1.00 Each
Cookies Raisin Oatmeal/ Peanut Butter.....	2 x \$1.00
Muffins.....	\$1.00 Each
Pan de Huevo (Egg Bread).....	\$1.00 Each
Whole Fruit Pies Apple/ Cherry/ Blue Berry	\$6.00 Each
(Including Sugar Free Pies)	

July 2010

Please check your unit calendar for a more detailed calendar of events!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9am Mid-Week Services D-2 10:30am Strength training D-2 11am Rosary LH 2:15pm Blue Bingo 3:15pm Ice Cream D-2	2 10:45am Music D2 11:30am Music D1 2:15pm Mind Beggles D-2	3 10am Blue Bingo D-2 11am Pet Visits HOV 2:15pm Cooties Pup Tent #11 Dog Races D-2 2:15pm Sing-A-long
4 7am 4 th of July Pancake Breakfast 90am AM A.L. Flag Raising and watermelon burst 11am Catholic Mass VA 11am Protestant Services D-1	5 10am Coffee House with Dick Moore D2 2:15pm Sun City Elks Bingo D-2 6:30pm Wii Bowling LH	6 10am Art Class D2 11am Sensory Music Group C1 3:30pm Liar's Club /Prizes D2	7 8am Breakfast Club trip to VA Canteen meet in front lobby, 10am Neighborhood Council 2:15pm Music Video and Popcorn D2	8 9am Mid -Week services D2 10:30am Strength Training D2 11am Rosary LH 2:15pm Blue Bingo D2 6:30pm Poker Game LH	9 10:45 Music D2 2:15pm Happy Hour D2 7pm Movie and popcorn 1 st floor	10 10am Blue Bingo D2 11am pet Visits HOV 2:15pm Pokemo Game D2
11 11am Catholic Mass VA 11am Protestant Services D1 12pm Club House 4pm LDS Services Training Center	12 10am American Legion #44 Sing A Long D2 2:15pm Phoenix Elks Bingo D2 6:30pm Wii Bowling LH	13 10am Art Class D2 10:30am Cooking Group D1 2pm 1:1 visits D2 3:30pm Liar's Club D2	14 8am Breakfast Club trip to VA Canteen: meet in front lobby 11am Sports Integration D2 2pm Food Committee 2:15pm Happy Hour D2	15 9am Mid-week Services D2 10:30am Strength Training D2 11am Rosary LH 2:15pm Blue Bingo 3:00pm 1:1's visits D2	16 10:45am Music D2 11:30am Concert TBA 12:15pm Restorative Therapy. 3:30pm Craft Group	17 10am Blue Bingo C2 10am Sensory integration 11am pet Visits HOV 4pm Memory Jar
18 11am Catholic Mass VA 11am Protestant Services D1 2:15pm East Valley Chorale D-1 4pm LDS Services Training Center	19 12:15pm Restorative Therapy 3:30pm Karaoke Sing A long 2:15pm Leon Littleton performs 7pm Late Night Bingo	20 10am Art Class D2 2pm 1:1's visits D2 3:30pm Liar's Club and prizes D2 6:30pm Pinochle D2 Shopping Request Due	21 8am Breakfast Club trip to VA Canteen, meet in front Lobby 11am Sports Sport Integration D2 4:30pm Current Events	22 9am Mid Week Services D2 10:30am Strength Training D2 11am Rosary LH 2:15pm Blue bingo 3:00pm 1:1's Visits D2	23 10:45am Music D2 11:30am Music D1 2:15pm Happy Hour 7pm Movie and Popcorn D1	24 10am Bingo D2 11am Pet Visits HOV 2:15pm Club House D2
25 11am Catholic Mass VA 11am Protestant Services D1 2:15pm Blue Bingo C2 4pm LDS Services Training Center	26 10:15am Phoenix art museum slide show LH 2:15pm Phoenix Elks Bingo 6:30pm Wii Bowling LH	27 10am Art Class D2 10am Quarterly Memorial Service LH 11:30am Sensory D1 4:30pm Current Events 6:30pm Pinochle D2	28 8am Breakfast Club trip to VA Canteen, meet in front Lobby 11am Sports Sport Integration D2 4:30pm Current Events	29 9am Mid Week Services D2 10:30am Strength Training D2 11am Rosary LH 2:15pm Blue bingo 3:00pm 1:1's Visits D2	30 10:45am Swing Kids Perform D2 2:15pm happy Hour D2 7pm Movie and Popcorn D1	31 10am Bingo D2 11am Pet Visits HOV 2:15pm Music and Trivia D2

Arizona State Veteran Home
4141 North S. Herrera Way
Phoenix, AZ 85012
602-248-1550 www.azdvs.gov

